



# World Aesthetix

## nuFIRM Protocol

### How it works

- The nuFIRM is a cutting-edge device for both face and body treatments. Combining rotational and negative pressure with radio frequency, electromagnetic waves, and red & blue light, it targets all skin layers to reduce localized fat, minimize cellulite and improve skin firmness and circulations
- Typically 45-60 minute treatments depending on area
- Most popular areas treated are abdomen, glutes, and thighs, (posterior and anterior). Other common treatment areas are back of the arms.

### Treatment Indications

- Cellulite Reduction
- Collagen Stimulation
- Skin Tightening
- Lymphatic Drainage
- Wrinkle Reduction
- LED Light Therapy

### Contraindications

- Pregnancy or Lactating
- Patients with acute inflammation, deep vein thrombosis, cancer, or similar medical conditions
- Metal implants in treatment area
- Epilepsy or seizure history
- Skin conditions in treatments area such as: Ezema, Open Wounds, Active Infection
- Treatment on Abdomen with Presence of Hernia
- Individuals with numbness or inability to sense heat



# World Aesthetix

## nuFIRM Protocol

### Client Preparation

- Avoid heavy meals 1 hour prior
- Hydrate well before and after
- Remove metal jewelry and/or electronic devices such as: Apple Watch/ Garmin
- Take pre-treatment photos or run body analysis on nuSCALE

### Treatment Parameters (Standard Protocols)

Area	Duration	Intensity	Frequency	Number of Sessions
Abs	50-60 min	Moderate to High (60–85%)	1x/week	8- 10 sessions
Glutes/ Hamstrings	40-50 min	Moderate to High	1x/week	8-10 sessions
Quads/ Inner Thigh	40-50 min	Moderate	1x/week	8-10 sessions
Arms	30 min	Low to Moderate	1x/week	8-10 sessions

**Adjust intensity based on client tolerance. Always start lower and gradually increase.**



# World Aesthetix

## nuFIRM Protocol

### **Treatment Steps w/ Slim A**

1. Sanitize and prep the treatment area
2. Use massage oil on the skin
3. Choose the suitable treatment probe based on size of the area
4. Start the vacuum level at the lowest setting and gradually increase it
5. Work in quadrants on patients body to ensure adequate treatment is provided to each area equally
6. Monitor client feedback and device function
7. Clean skin, hydrate client

### **Treatment Steps w/ Slim B**

1. Sanitize and prep the treatment area
2. Use massage oil on the skin
3. Start the RF intensity at the lowest setting and gradually increase it
4. Choose suitable probe based on the size of the area
5. When using this applicator, ensure all probes are in full contact with the skin and DO NOT remain in the same spot for more than 2 seconds

### **Treatment Steps w/ Quantum Focus RF**

1. Sanitize and prep the treatment area
2. Ensure all electronic or metal items are removed
3. Use massage oil on the skin
4. Start the RF intensity at a low setting and gradually increase it
5. Be sure to adjust the working depth of radio frequency to "Deep" or "Shallow".
6. When using this applicator, ensure all probes are in full contact with the skin and DO NOT remain in the same spot for more than 2 seconds

### **RF/EMS**

1. Sanitize and prep the area
2. Ensure all electronic or metal items are removed
3. Apply conductive gel or massage oil to targeted area



# World Aesthetix

## nuFIRM Protocol

4. Select which hand will be doing the treatments or both
5. Do not remain in the same spot for more than 2 seconds
6. Maintain full contact with skin
7. Lower the intensity when treating sensitive areas, such as forehead and around the eyes

### **Post- Treatment Care**

- Encourage hydration
- Mild soreness is normal
- Space sessions 7-10 days apart to allow for body to recover and begin the natural process of excretion
- Every 3rd session redo body analysis on nuSCALE

### Recommendation:

- Maintenance treatments should be every 2-3 months per indication.